

Appendix 2– Menu Ready Reckoner

Meals, snacks and drinks that meet the Food and Drink Criteria to help with menu planning.



Everyday cold foods to fill your menu

3/4

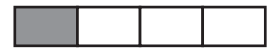



Food (examples)	Freshly prepared on site	Packaged
<p>Sandwiches/wraps/rolls Everyday fillings e.g. lean meat, tuna, salmon, skinless roast chicken, cheese, salad/vegetables (fresh or roasted), egg, uncoated falafel, or a thin spread of jam or yeast spread.</p> <p>All types of bread e.g. wholemeal, multigrain, white, rye, Turkish, Lebanese, lavash, focaccia, pita, tortillas, wraps, rolls, bagels, English muffins, crumpets, un-iced fruit bread and buns. Includes gluten-free varieties</p>	<p>Use Everyday fresh unpackaged or packaged foods from the 5 food groups plus ingredients from the <i>Essentials Shopping List</i></p> <p>For an extra health boost include 1-2 types of different salad/vegetables (not including potatoes).</p>	<p>Packaged versions of these foods may be provided.</p>
<p>Sushi/rice paper rolls Everyday fillings e.g. tuna, avocado, salmon, vegetables, tofu, uncoated lean meats</p>	<p>The healthiest sandwiches and salads will have a lean protein choice such as skinless chicken breast, salmon or tuna, lean ham, egg, tofu, beans/legumes, hummus or reduced-fat cheese with some salad or vegetables.</p> <p>Note: Lean ham may be included in Everyday cold foods.</p>	
<p>Salads e.g. garden, pasta, bean, couscous, quinoa, egg, potato, coleslaw, tabouleh</p>	<p>Note: Lean ham may be included in Everyday cold foods.</p>	
<p>Frittata (No pastry) Everyday fillings e.g. lean meat, tuna, salmon, roast chicken, cheese, vegetables</p>	<p>There is no portion size restriction on these foods.</p>	

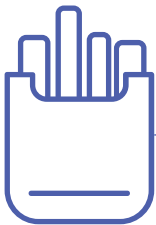


Occasional cold foods to limit to ¼ of your menu

1/4



Food (examples)	Freshly prepared on site	Packaged
<p>Sandwiches/wraps/rolls/salads/sushi/frittata containing Occasional fillings e.g. bacon, devon, sausages, salami, chicken roll, coated/crumbed meat (e.g. chicken schnitzel), seafood</p> <p>📏 maximum portion size for Occasional fillings in these cold foods:</p> <p>60g processed meats</p> <p>140g crumbed/coated meats</p>	<p>Serve with Everyday foods (e.g. vegetables, salad, wholegrain breads).</p> <p>For suitable types of processed meats and crumbed/coated meats, see Occasional hot foods, pages 28-29.</p>	<p><u>Only</u> use Occasional packaged fillings if they are</p>  <p>3.5 stars and above.</p>



If you add **Occasional** food items, such as crumbed/coated meat, sausages or hot chips to an **Everyday** food, it automatically becomes an **Occasional** food.



Everyday hot foods to fill your menu

3/4



Food (examples)	Freshly prepared on site	Packaged
<p>Toasties and open melts</p> <ul style="list-style-type: none"> Containing Everyday fillings e.g. lean meat, tuna, salmon, skinless roast chicken, reduced-fat cheese, salad/vegetables (fresh or roasted), egg, un-coated falafel, baked beans, spaghetti All types of bread e.g. wholemeal, multigrain, white, rye, Turkish, Lebanese, lavash, focaccia, pita, tortillas, wraps, rolls, bagels, English muffins, crumpets, un-iced fruit bread and buns – includes gluten-free varieties 		
<p>Soup</p> <p>Everyday freshly prepared, canned, packet and ready-to-eat soups</p>	<p>Use Everyday fresh unpackaged or packaged foods from the five food groups plus ingredients from the <i>Essentials Shopping List</i> on page 38.</p> <p>For an extra health boost, include a variety of vegetables/salad (not including potatoes) in each dish.</p>	
<p>Pasta</p> <p> maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Fresh and packaged e.g. lasagne (e.g. beef, chicken, vegetable) spaghetti bolognese, ravioli, macaroni and cheese, pasta bakes, canned spaghetti</p>	<p>Choose lean meats, and preferably reduced-fat dairy and wholegrains.</p> <p>Recipes:</p> <p>Added cheeses, oils, margarine spreads should be used sparingly.</p>	<p>If you would like to select a healthier packaged version, choose those that are</p>
<p>Pizza (made on site)</p> <p> maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Everyday toppings e.g. skinless chicken, vegetables, pineapple, cheese, lean mince, mushrooms</p> <p>Thin crust or muffin/pita base, preferably wholemeal (Packaged/commercial pizza is Occasional, see page 29)</p>	<p>Do not deep fry.</p> <p>To assist you to work out if your recipes are Everyday or Occasional, use the Recipe Checklist available to be downloaded from the NSW Healthy School Canteen website at https://healthyschoolcanteens.nsw.gov.au</p>	<p>are</p>
<p>Risotto & flavoured rices</p> <p> maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Fresh and packaged e.g. chicken risotto, mushroom risotto, vegetable risotto</p>		<p>3.5 stars and above.</p>
<p>Indian</p> <p> maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Fresh and packaged e.g. chicken tikka masala, vegetable curry, rogan josh, lentil dahl</p>		<p>are</p>





Everyday hot foods to fill your menu

3/4



Food (examples)	Freshly prepared on site	Packaged
<p>Asian – with rice or noodles</p> <p>☞ maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Fresh and packaged e.g. meat curry, vegetable curry, stir-fried vegetables, fried rice, stir fry with noodles (udon, egg, rice)</p>	<p>Use Everyday fresh unpackaged or packaged foods from the five food groups plus ingredients from the <i>Essentials Shopping List</i> on page 38.</p> <p>For an extra health boost, include a variety of vegetables/ salad (not including potatoes) in each dish.</p> <p>Choose lean meats, and preferably reduced-fat dairy and wholegrains.</p> <p>Recipes:</p> <p>Added cheeses, oils, margarine spreads should be used sparingly.</p> <p>Do not deep fry.</p> <p>To assist you to work out if your recipes are Everyday or Occasional, use the Recipe Checklist available to be downloaded from the NSW Healthy School Canteen website at https://healthyschoolcanteens.nsw.gov.au</p>	<p>If you would like to select a healthier packaged version, choose those that are</p> <p></p> <p>3.5 stars and above.</p>
<p>Mexican</p> <p>☞ maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>e.g. burrito, fajitas and enchiladas (soft tortillas only - corn or wheat. Hard shell tortillas/tacos are Occasional, see page 29)</p>		
<p>Jacket (baked) potatoes</p> <p>☞ maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Cooked in their skin, split and served with a variety of Everyday toppings e.g. salad, tuna, baked beans, sweetcorn, lean meats, cheese</p>		
<p>Burger patties/rissoles/meatballs/falafel/veggie burger meals</p> <p>☞ maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>Uncoated patties e.g. lean beef, lean skinless chicken, fish, vegetable, lentil</p>		
<p>Dim sum</p> <p>☞ maximum portion size 250g (primary schools) and 350g (secondary schools)</p> <p>e.g. steamed (not fried) dumplings with Everyday fillings (e.g. vegetables, lean meat, tofu, fish)</p>		

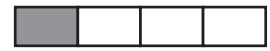







Check out the Recipe Ideas for healthier recipes to include in your school canteen available to be downloaded from the NSW Healthy School Canteen website
<https://healthyschoolcanteens.nsw.gov.au>.



Occasional hot foods to limit to ¼ of your menu

1/4



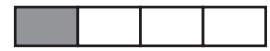
Food (examples)	Freshly prepared on site	Packaged
<p>Toasties/sausage sizzles/jacket potato/pasta (containing Occasional fillings)</p> <p> maximum portion size of meal 250g (primary schools) and 350g (secondary schools)</p> <p>Containing Occasional fillings e.g. bacon, sausages, salami, chicken roll, coated/crumbed meat (e.g. chicken schnitzels) – see maximum portion sizes for these foods, below</p>	<p>Use fresh Everyday foods, plus any Occasional foods which are 3.5 stars and above, along with ingredients from the <i>Essentials Shopping List</i> on page 38.</p>	
<p>Processed meat (served hot or cold)</p> <p> maximum portion size 60g</p> <p>e.g. bacon, devon, salami, chicken roll, frankfurts/saveloys/ hot dogs (beef, lamb and chicken varieties)</p> <p>Do not crumb or batter. Does not include compressed whole muscle-meat products, such as formed chicken-breast, free-flow chicken, whole-muscle turkey and formed fish-fillet.</p>	<p>These Occasional foods are always categorised as Occasional, even if you freshly prepare them on site using Everyday foods. Use fresh Everyday foods, plus any Occasional foods which are 3.5 stars and above, along with ingredients from the <i>Essentials Shopping List</i> on page 38.</p> <p>Do not deep fry.</p>	
<p>Crumbed or coated foods (served hot or cold)</p> <p> maximum portion size 140g</p> <p>e.g. crumbed chicken fillets, patties, nuggets, strips, tenders, schnitzels, fish fingers, arancini balls, sausages, crumbed and coated meat alternatives, coated falafel and crumbed or coated vegie burgers</p>	<p>When any of these Occasional foods are added to an Everyday food, the final food becomes Occasional and must also meet the overall maximum portion sizes of 250g (primary schools), 350g (secondary schools), e.g. pasta with tomato and bacon sauce.</p>	<p><u>Only</u> provide these packaged foods if they are</p> <div data-bbox="1283 1182 1394 1290" data-label="Image"> </div> <p>3.5 stars and above.</p>
<p>Hot potato products[^]</p> <p> maximum portion size 100g</p> <p>e.g. chips, hashbrowns, wedges, gems, scallops, skins, potato bakes</p> <p>Do not add salt or salty seasoning</p>		
<p>Garlic bread and cheese and bacon rolls – Commercial and freshly prepared (in canteen)</p> <p> maximum portion size ½ English muffin/pita or 1 slice of bread or 1 thick bread stick slice or 75g</p> <p>Garlic bread and bread-types topped with processed meat, with or without cheese (e.g. cheese & bacon rolls)</p>		


[^] These foods should not be sold as recess snacks. For healthy snack ideas, see pages 30-31



Occasional hot foods to limit to ¼ of your menu

1/4



Food (examples)	Freshly prepared on site	Packaged
<p>Pies[^] 🥄 maximum portion size 180g all pies (potato-top pies, 250g) e.g. meat pies, chicken pies, vegetable pies, party pies</p>	<p>These Occasional foods are always categorised as Occasional, even if you freshly prepare them on site using Everyday foods. Use fresh Everyday foods, plus any Occasional ingredients which are 3.5 stars and above, along with ingredients from the <i>Essentials Shopping List</i> on page 38.</p> <p>Do not deep fry.</p> <p>When any of these Occasional foods are added to an Everyday food, the final food becomes Occasional and must also meet the overall maximum portion sizes of 250g (primary schools), 350g (secondary schools), e.g. pasta with tomato and bacon sauce.</p>	<p>Only provide these packaged foods if</p>  <p>3.5 stars and above.</p>
<p>Sausage rolls and savoury pastries[^] 🥄 maximum portion size 120g e.g. sausage rolls, spring rolls, samosas, quiche, filled pastries, cheese and spinach triangles</p>		
<p>Corn Chips or Hard Taco Shells/Bowls 🥄 maximum portion size corn chips and hard taco shells/bowls 30g For use in Mexican food e.g. nachos, tacos Use plain, unsalted corn-type chips or shells</p>		
<p>Instant Flavoured noodles (do not serve dry) 🥄 maximum portion size 1 individual packet (75g maximum dry pack weight)</p>		
<p>Packaged ready-to-eat or commercial pizza[^] 🥄 maximum portion size 250g (primary schools) and 350g (secondary schools) or 1-2 slices from a large pizza Includes all commercial and packaged pizza regardless of toppings</p>	<p>Freshly made pizza is Everyday, see page 26, unless it contains Occasional processed meats (e.g. salami, sausage).</p>	

[^] These foods should not be sold as recess snacks. For healthy snack ideas, see pages 30-31.




Occasional foods and drinks that do not meet the Criteria because they have a Health Star Rating of less than 3.5 or a portion size larger than the maximum portion size should not be sold in your school canteen.



Everyday snacks to fill your menu

3/4




Food (examples)	Freshly prepared on site	Packaged
<p>Fruit Fresh, frozen and canned fruit, in juice not syrup. May be served frozen</p> <p>Dried fruit Plain dried fruit – non coated</p>	<p>Choose fresh fruit in season for flavour and value.</p> <p>Many fruits are suitable to freeze (e.g. banana, pineapple, grapes, oranges).</p> <p>Serve fruit in different ways to make it interesting including: kebabs, cups, chopped in a cone, sliced, cubed, wedges and quarters.</p>	
<p>Vegetables Fresh, frozen and canned vegetables</p>	<p>Choose fresh vegetables in season for flavour and value.</p> <p>Serve bite size pieces as a snack e.g. carrot and cucumber sticks with a dip.</p> <p>Do not add salt or butter to corn cobbettes or other vegetables.</p>	<p>Packaged versions of these foods may be provided.</p>
<p>Dips e.g. hommus, tzatziki and vegetable based dips (e.g. beetroot, eggplant, avocado and salsa) including those packaged with plain, preferably wholegrain crackers (if unsure, use crackers that are 3.5 stars and above)</p>	<p>Use fresh Everyday foods from the five food groups and ingredients from the <i>Essentials Shopping List</i> on page 38.</p>	<p>If you would like to select a healthier packaged version, choose those that</p>
<p>Cheese (preferably reduced fat) e.g. Colby, Tasty, Cheddar including those packaged with plain wholegrain crackers</p>	<p>Serve bite size pieces as a snack or with plain wholegrain crackers or vegetables.</p>	<p>are</p>
<p>Yoghurt and custard (preferably reduced fat) e.g. Greek, natural, plain, flavoured, soy; excludes coconut-milk-based yoghurts No added confectionery</p>		<p> 3.5 stars and above.</p>
<p>Plain savoury biscuits/crackers and crispbreads (preferably wholegrain) e.g. plain wholegrain crackers, breadsticks, crispbreads, and rice and corn 'cakes'</p>	<p>Serve with Everyday toppings e.g. reduced-fat cheese, tuna, tomato, spreads, dips.</p>	



Everyday snacks to fill your menu

3/4

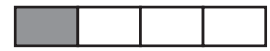



Food (examples)	Freshly prepared on site	Packaged
Popcorn (plain, air popped)	Do not add salt or butter.	Packaged versions of these foods may be provided. If you would like to select a healthier packaged version, choose those that are  3.5 stars and above.
Plain unsalted legume snacks e.g. unsalted roasted chickpeas and fava beans.		
Scones, pikelets and pancakes No added confectionery.	Serve plain or with a small amount of spread or topping from the <i>Essentials Shopping List</i> on page 38.	
Cereals served with or without milk e.g. flakes, bran, rice, corn, muesli. No sugary types, preferably wholegrain. No added confectionery.	Use reduced-fat milk or milk alternatives.	



Occasional snacks to limit to ¼ of your menu

1/4



Food (examples)	Freshly prepared on site	Packaged
<p>Salty snacks</p> <p> maximum portion size 30g</p> <p>Including all chips (e.g. potato, corn, grain, vegetable), extruded snacks (e.g. cheese, bacon, BBQ flavoured puffed snacks), soy crisps, flavoured/salted rice snacks and crackers, noodle snacks, pretzels, popcorn (salted/flavoured/microwave), salty legume snacks (e.g. wasabi peas, salted roasted fava beans, salted roasted chickpeas)</p>		<p>Only provide these packaged foods if they are</p> <p></p> <p>3.5 stars and above.</p>
<p>Muesli/snack bars</p> <p> maximum portion size 50g</p> <p>No added yoghurt or confectionery[†] (see footnote below). e.g. cereal-based bars, fruit-based bars, breakfast bars</p>	<p>Use wholegrains e.g. oats. Use fruit or vegetables.</p>	
<p>Desserts</p> <p> maximum portion size 100g</p> <p>e.g. mousse, cheesecake, puddings, rice pudding, coconut-milk-based yoghurt</p>	<p>Use fruit or vegetables.</p>	<p>Only provide these packaged foods if they are</p>
<p>Sweet Biscuits</p> <p> maximum portion size 50g</p> <p>All sweet biscuit including breakfast-type. No added confectionery[†] (see footnote below)</p>	<p>For healthier snack recipe ideas see the website https://healthyschoolcanteens.nsw.gov.au</p>	<p></p> <p>3.5 stars and above. Most desserts, sweet biscuits, cakes, sweet pastries and confectionery will have fewer than 3.5 stars, so will not be available for sale.</p>
<p>Cakes and sweet pastries</p> <p> maximum portion size 80g</p> <p>No added confectionery[†] (see footnote below) e.g. all cakes and pastries including muffins, banana bread, slices, danishes, croissants</p>		
<p>Confectionery[†] – chocolate and lollies etc.</p> <p> maximum portion size 50g</p>	<p>Do not serve canteen-made confectionery.</p>	

[†] e.g. chocolate (including chocolate bars; chips; spreads; topping or coating, such as in lamingtons and chocolate crackles), icing, sugar based toppings or fillings (such as in coconut ice, peppermint and caramel), lollies, cough lollies, eucalyptus drops, sugar sweetened chewing gum, 100s and 1000s, fruit gummies and jelly sticks, dessert-type jelly (including those with fruit added), liquorice, carob confectionery, carob coating, yoghurt-type confectionery or yoghurt coating and products containing confectionery.



Everyday drinks to fill your menu

3/4

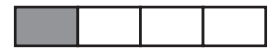



Drink (examples)	Freshly prepared on site	Packaged
<p>Water</p> <p>Plain including tap, spring, mineral or sparkling.</p> <p>Also includes plain waters infused with fruit/herb essence or flavouring (no sugars and no intense sweeteners may be added). For water with added juice see below.</p>	<p>Ensure that tap water is readily available at school for children to refill their water bottles.</p> <p>Water may be served with sliced fruit, e.g. lemon/lime slices (no added sugars, fruit juice).</p>	
<p>Plain milk and milk alternatives, including plain UHT milks; preferably reduced fat</p> <p>e.g. plain dairy milk, and milk alternatives such as soy or rice milks with calcium added</p>		
<p>Flavoured milk and milk alternatives/flavoured UHT milk/drinking yoghurt/hot chocolate (including coffee-flavoured milk); preferably reduced fat</p> <p>☞ maximum portion size 300ml (primary school) and 500ml (secondary school, but ensure that smaller sizes are available and promoted)</p> <p>Milk alternatives should have calcium added. Drinks made with real coffee should not be provided to children in primary school.</p> <p>Flavoured milk and milk alternatives served frozen or blended with ice are Everyday frozen ice snacks, see page 35</p>	<p>Use reduced-fat milk, or milk alternatives. No added cream or ice cream or confectionery (e.g. marshmallows).</p> <p>Use no more than 1 level tablespoon of milk flavouring powder/syrup per portion.</p>	<p>Packaged versions of these foods may be provided.</p> <p>If you would like to select a healthier packaged version, choose those that are</p> <p> 3.5 stars and above.</p>
<p>Milk shakes/smoothies – no ice cream/gelato/sorbet</p> <p>☞ maximum portion size 300ml (primary school); and 500ml (secondary school, but ensure that smaller sizes are available and promoted)</p> <p>Milk shakes or smoothies with no added ice cream/gelato/sorbet are Everyday drinks. These may also be frozen or blended with ice and are Everyday frozen ice snacks, see page 35. Note: Milk shakes and smoothies with ice cream/gelato/sorbet are Occasional, see page 35</p>	<p>Use reduced-fat milk, or milk alternatives. No added cream or ice cream/gelato/sorbet/coconut-milk-based yoghurt.</p> <p>Use no more than 1 level tablespoon of milk flavouring powder, syrup or honey per portion.</p>	
<p>Fruit/vegetable juices (including coconut water)/fruit-based smoothies/no-added-sugar frozen crushed ice drinks</p> <p>☞ maximum portion size 250ml</p> <p>99% fruit/vegetable juices, includes coconut water</p> <p>99% fruit/vegetables juices served frozen or blended with ice are Everyday frozen ice snacks, see page 35</p> <p>99% fruit/vegetables juices may be diluted with plain/sparkling water; no sugars or intense sweeteners may be included in the ingredients list. See page 34.</p>	<p>Do not add sugar to freshly squeezed juices or Everyday smoothies/ice-drinks.</p>	



Occasional drinks to limit to ¼ of your menu

1/4



Drink (examples)	Freshly prepared on site	Packaged
<p>Coffee (secondary school only); preferably made with reduced-fat milk</p> <p>☒ maximum portion size 500ml, but ensure that smaller sizes are available and promoted</p> <p>All coffee containing drinks e.g. coffee made with water without milk, and made with milk (preferably reduced-fat) e.g. latte, cappuccino, mocha, iced coffee and packaged real-coffee drinks.</p> <p>Coffees served frozen or blended with ice are Occasional frozen ice snacks, see page 35 Not to be provided in primary school.</p>	<p>Use reduced-fat milk, or milk alternatives with calcium added.</p> <p>Do not add cream.</p> <p>Include no more than 1 shot of espresso coffee per portion.</p> <p>Use no more than 1 level tablespoon of flavouring powder or syrup per portion.</p>	<p><u>Only</u> provide these packaged foods if they are</p>  <p>3.5 stars and above.</p>
<p>Thick shake/smoothies (with ice cream/gelato/sorbet); preferably made with reduced-fat milk</p> <p>☒ maximum portion size 300ml (primary schools) and 500ml (secondary school) maximum added ice cream/gelato/sorbet portion size 125mL (3.5 stars and above)</p>	<p>Use reduced-fat milk, or milk alternatives with calcium added.</p> <p>Use no more than 1 tablespoon of flavouring syrup/honey per portion.</p> <p>Use no more than 125ml of ice cream/gelato/sorbet (3.5 stars and above) per portion.</p>	<p>3.5 stars and above.</p>
<p>Diet soft drinks and diet drinks</p> <p>☒ maximum portion size 250ml (primary schools) and 500ml (secondary school)</p> <p>Diet soft drinks and diet drinks sweetened with natural or artificial sweeteners such as stevia or aspartame. May have flavourings added, no added sugars may be listed in ingredients list. Includes juice-based drinks with added intense sweeteners. e.g. diet soft drinks, diet iced teas, diet flavoured mineral waters, diet sports drinks, diet cordials and no-sugar slushies. Do not provide caffeinated diet drinks in primary schools.</p>		<p>No Health Star Rating to be applied, but maximum portion sizes must not be exceeded.</p>

Sugary drinks and energy drinks – SHOULD NOT BE SOLD

Sugary drinks include all drinks with any types of sugar added to them, except milk. These include drinks sweetened with regular sugar (sucrose), fructose, glucose, honey/syrup and fruit juice concentrates.

Energy drinks include drinks with caffeine and/or guarana added to them. They are often carbonated.

e.g. soft drinks, flavoured mineral waters, flavoured waters, sports waters, sports drinks, fruit drinks, coconut waters, cordials, slushies and frozen fruit drinks; plus all energy drinks (including sugar-free versions).



The Occasional drinks listed above are always Occasional, even if they are freshly prepared on site using Everyday foods.



Everyday frozen ice snacks to fill your menu

3/4

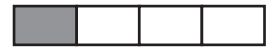


Food (examples)	Freshly prepared on site	Packaged
<p>99% juice – frozen or blended with ice</p> <p> maximum portion size 250ml</p>	<p>Everyday drinks, such as 99% juice or flavoured milk, may be frozen or blended with ice – see Everyday drinks, page 33, for suitable types.</p>	<p>Commercial, 99% juice ice blocks may be provided. Ingredients list should not include sugars.</p>
<p>Plain or flavoured milk or milkshake frozen drinks or blended with ice</p> <p> maximum portion size 300ml (primary school) and 500ml (secondary school)</p>		<p>Ice cream and frozen yoghurt are Occasional snacks, see below.</p>



Occasional frozen ice snacks to limit to 1/4 of your menu

1/4



Food (examples)	Freshly prepared on site	Packaged
<p>Ice cream and frozen yoghurt</p> <p> maximum portion size 125ml (primary and secondary).</p> <p>e.g. individually packaged or scooped on site. No added confectionery or coating</p>	<p>Occasional drinks, such as Occasional smoothies, may be frozen or blended with ice – see page 34 for suitable types.</p>	<p>Only provide these packaged foods if they are</p> <p> 3.5 stars and above.</p>
<p>Flavoured milk or thickshake based frozen drinks (with ice-cream/gelato/sorbet)</p> <p> maximum portion size 300ml (primary) and 500ml (secondary) for Occasional milkshake/smoothie based frozen drinks</p> <p>500ml for coffee-based frozen drinks (secondary school only)</p>		




Frozen commercial ice blocks that have less than 99% juice are considered frozen sugary drinks and should not be sold in your school.



Everyday breakfast to fill your menu

3/4



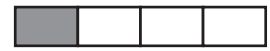
Food (examples)	Freshly prepared on site	Packaged
<p>Cereals e.g. flakes, bran, rice, corn, muesli, porridge No sugary types, preferably wholegrain No added confectionery</p>	<p>Serve with reduced-fat milk, or milk alternatives.</p>	
<p>Bread/toast e.g. wholemeal, multigrain, white, rye, Turkish, Lebanese, lavosh, focaccia, pita, tortillas, wraps, rolls, bagels, English muffins, crumpets, un-iced fruit bread and buns Includes gluten-free varieties</p>	<p>Lightly spread with margarine spread (or use individual portion). Use Everyday toppings such as ricotta or other spreadable cheeses. May include toppings from the <i>Essentials Shopping List</i> on page 38 such as jam, marmalade or yeast spread. Use small amounts. An individual portion pack per serve is preferred.</p>	<p>Packaged versions of these foods may be provided.</p>
<p>Yoghurt e.g. Greek, natural, plain, soy, flavoured (excludes coconut-milk-based yoghurts) No added confectionery</p>	<p>For an extra health boost: serve yoghurt with fruit, see below.</p>	<p>If you would like to select a healthier packaged version, choose those that are</p>
<p>Fruit Fresh, frozen or canned, preferably in juice, not syrup.</p>	<p>Choose fresh fruit in-season for flavour and value.</p>	<p>those that are</p>
<p>Eggs e.g. boiled, poached, scrambled, omelettes.</p>	<p>If adding cheese or milk, use products that are preferably reduced-fat. For an extra health boost: include vegetables (other than potatoes) e.g. tomatoes, mushrooms, spinach.</p>	<p>3,5 stars and above.</p>
<p>Baked beans Canned or homemade</p>	<p>Made from Everyday fresh unpackaged or packaged foods from the five food groups and foods on the <i>Essentials Shopping List</i> on page 38.</p>	
<p>Liquid Breakfast drinks  maximum portion size 300ml (primary school) and 500ml (secondary school)</p>		






Occasional breakfast to limit to ¼ of your menu

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Food (examples)	Freshly prepared on site	Packaged
<p>Hot breakfast containing processed meats or hot potato products</p> <p>☞ maximum portion size 60g processed meat and maximum portion size 100g hot potato products</p> <p>e.g. eggs/baked beans with bacon/sausages/hashbrowns.</p> <hr/> <p>For breakfast-type biscuits, see Occasional snacks, page 32.</p>	<p>Use Everyday fresh unpackaged or packaged foods from the 5 food groups and from the <i>Essentials Shopping List</i> on page 38.</p> <p>For an extra health boost: add vegetables (other than potatoes) such as tomatoes, mushrooms, spinach.</p> <p>For suitable types of processed meats and hot potato products, see Occasional hot foods, page 28-29.</p>	<p><u>Only</u> provide these packaged foods if they are</p> <div style="text-align: center;">  <p>3.5 HEALTH STAR RATING</p> </div> <p>3.5 stars and above.</p>



Tools available to be downloaded from the NSW Healthy School Canteen website at <https://healthyschoolcanteens.nsw.gov.au>

- **Healthy Recipe ideas**
- **Recipe Checklist**